
New Directions: Implementing a Public Health Approach to Mental Health

***National TA Center for Children's Mental
Health Topical Conference Call***

January 17, 2008

1-2:30pm ET

Objectives



- **Participants will dialogue, listen and learn about:**
 - ❑ **Contextual factors** contributing to the emerging interest in public health approaches to mental health
 - ❑ **Conceptual frameworks** for public health approaches to mental health
 - ❑ **Current practices** that integrate promotion, prevention, treatment and recovery through population based strategies and their interface with systems of care approaches.
 - ❑ **Perspectives and questions** that are shaping the movement towards a public health approach to mental health.

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Expanding Knowledge:

- **Family and youth movement-** person centered planning, Values and principles of systems of care, family and youth voice. the community and the importance of family driven, youth guided – individualized planning.
- **Our Mental health is dynamic- not static.** There are effective supports and treatment interventions at the clinical and community levels that prevent or reduce the severity of mental illness or co-occurring disorders.
- **Resilience** literature supports our understanding that there are clear protective and risk factors that influence the physical and mental health of children and youth across the continuum of mental health challenges.
- **Evidence based knowledge-**
 - **Indicators of Mental Health** increased focus on indicators for positive mental health- what is mental health for children, youth, families, communities, what policies promote/hinder mental health?
 - **Academic Achievement** is linked to social and emotional wellbeing: Students who receive social-emotional support and prevention services achieve better in school (*Greenberg et al., 2003; Welsh et al., 2001; Zins et al., 2004*).
 - **PREVENTION WORKS!** There is growing body of literature indicating the effectiveness of prevention of mental health challenges and the impact of promotion. Promotion and prevention **DOES** work,

New Directions within Mental Health

- New Freedom Commission Report: Mental Health Transformation:
 - Georgetown Training Institutes- 2008- track on Public Health:
 - Consumer, family and youth movements:
NASMHPD- Public Health priorities-
 - Washington State Report on a Public Health Approach to Mental Health-
 - Transformation - National, State, Community levels
 - Numerous State efforts- Minnesota, Missouri, Hawaii, Washington State, Illinois, others
 - Communities that Care
 - School Mental Health
 - Bright Futures-
 - Strategic Prevention Framework-
 - Other...
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Principles and Values

- System of care- move towards public health strategies and expanded partnerships
 - SAMHSA- creation of a “one SAMHSA” that effectively links across MH/SAT/SAP and with work of promotion, prevention and other new partners.
 - SAMHSA/ CAFB- vision: all children and their families live, learn, work and participate fully in communities where they experience joy, health, love and hope.
 - SAMHSA/PIPPDB- focus on cross federal linkages including within SAMHSA to support SS/HS/SOC and education
 - Shared interest in the creation of broad system change for all children and youth to live full lives in their communities.
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New Directions in Public Health

- Increased focus on health and mental health promotion as well as prevention
 - Moving towards a national effort to improve overall population health and, where possible, to eliminate disparities in health in the United States
 - Shift from an individual to a population-based approach in practice, research, policy, and community engagement.
 - Examining the status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system.
 - Expanding partnerships and enhancing the roles non-government actors, such as families, youth, faith based organizations, education, academia, business, local communities and the media
 - Promoting the value and belief that each of us has a role in creating a healthy nation.
 - Providing education, guidance and support to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.
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Growing momentum -Convergence

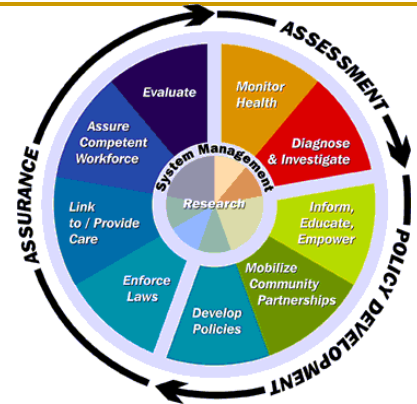
- **World Health Organization-** <http://www.who.int/mediacentre/factsheets/fs220/en>
- **Ottawa Charter- Canada -** http://www.phac-aspc.gc.ca/publicat/mh-sm/mhp02-psm02/2_e.html
- **The Future of Public Health.** Washington, DC: National Academy Press. IOM (Institute of Medicine) **1988.** <http://www.iom.edu/CMS/3809/15244.aspx>
- **Reducing Risk for Mental Disorders,** Institute of Medicine, **(1994)**
- **Surgeon Generals Report on Mental Health (1999)**
<http://www.surgeongeneral.gov/library/mentalhealth/summary.html>
- **The Future of the Public's Health in the 21st Century** National Academy Press. IOM (Institute of Medicine) **(2002)**
http://www.nap.edu/catalog.php?record_id=10548#description
- **Improving the Quality of Health Care for Mental and Substance-Use Conditions: Quality Chasm Series** National Academy Press. IOM (Institute of Medicine) **(2006)**
http://www.nap.edu/catalog.php?record_id=11470
- **Prevention of Mental Disorders and Substance Abuse Among Children, Youth, and Young Adults, Current project: first meeting May 2007-**
<http://www8.nationalacademies.org/cp/meetingview.aspx?MeetingID=2023&Mee>
- **From Neurons to Neighborhoods: The Science of Early Childhood Development** IOM(Institute of Medicine) **(2000)**
<http://books.nap.edu/openbook.php?isbn=0309069882>

Questions that can guide our work to implement a public health approach to mental health?

- What is going on in our community regarding social and emotional health and mental health?
- Do we know how mentally HEALTHY we are? i.e. our children, youth, communities, states and as a Nation?
- How do we promote mental health for persons with mental health challenges or illnesses?
- Where do systems of care and public health connect?
- How well do we keep people and segments of our State/Community informed about mental health?
- How well do we get people and organizations engaged in mental health?
- What policies promote mental health in our schools, communities and States? Hinder?
- Are our regulations, laws aligned with the current knowledge about social and emotional well-being?
- Are children and families receiving the mental health care and supports they need?
- Do we have competent and current mental health workforce?
- Are we doing things right? Are we striving for excellence- promoting optimal mental health?
- Are we discovering and using new ways to promote mental health and prevent mental health challenges and illnesses?

Public Health

Themes for Mental Health



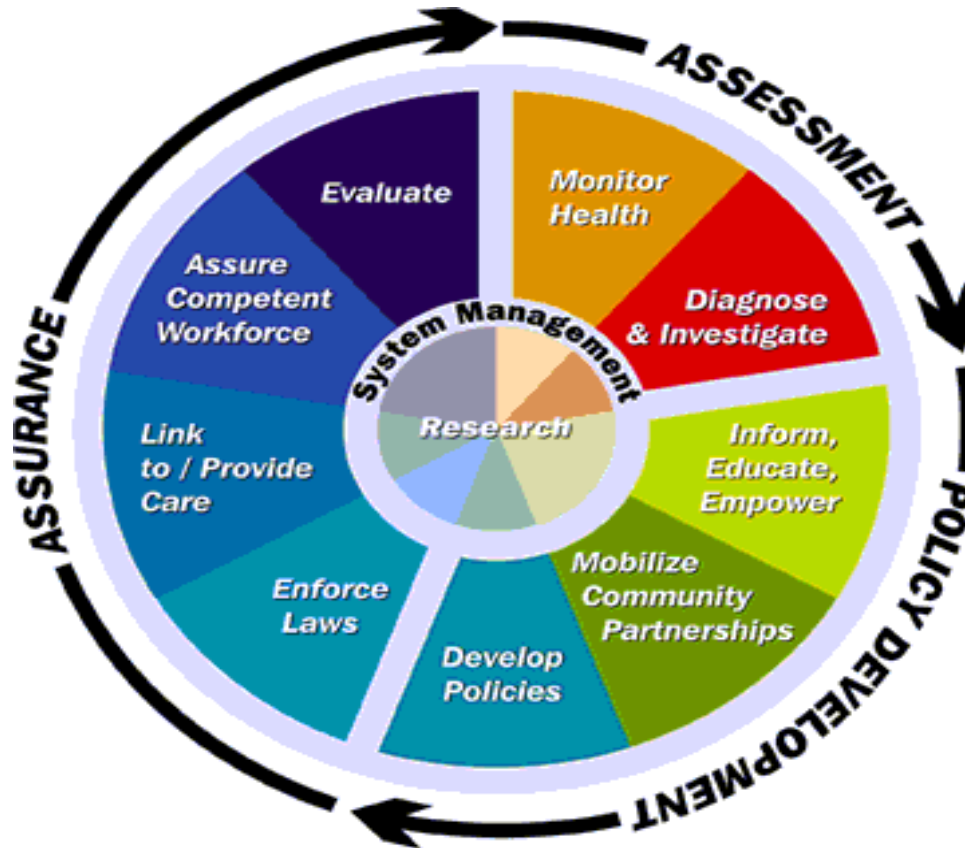
- ❑ Population based – organized, interdisciplinary, scientific data drives decisions
- ❑ Promotion of mental health and prevention of challenges or illness. Interventions to improve and enhance the quality of life.
- ❑ Engages the whole community to assure the optimal physical and mental health of children and families.
- ❑ Promotes social and emotional well-being and the optimal mental health for all
- ❑ Creates supportive and nurturing environments
- ❑ Develops skills and knowledge
- ❑ Promotes mental health and prevents and intervenes early in the pathways to mental illness
- ❑ Comprehensive, evidence based, integrated,
- ❑ Seeks to eliminate disparities
- ❑ Cross systems and multi-disciplinary

All children, youth and their families live, learn, work and participate fully in communities where they experience joy, health, love and hope.

“Caring for Every Child’s Mental Health”,

What is a Public Health Approach?

Essential Public Health Services

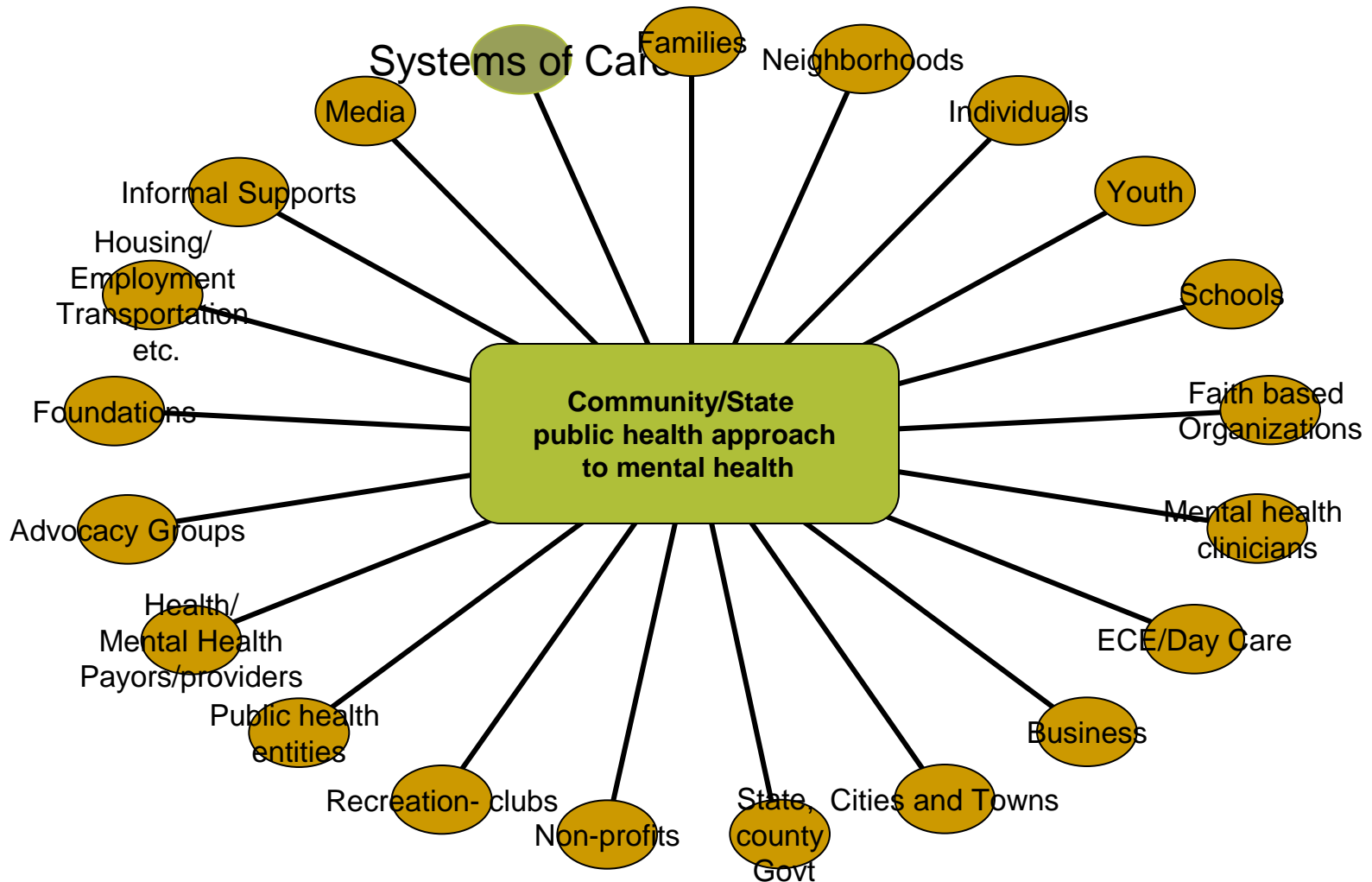


The Mission of Public health is to “fulfill society’s interest in assuring conditions in which people can be healthy.” (IOM) 1988

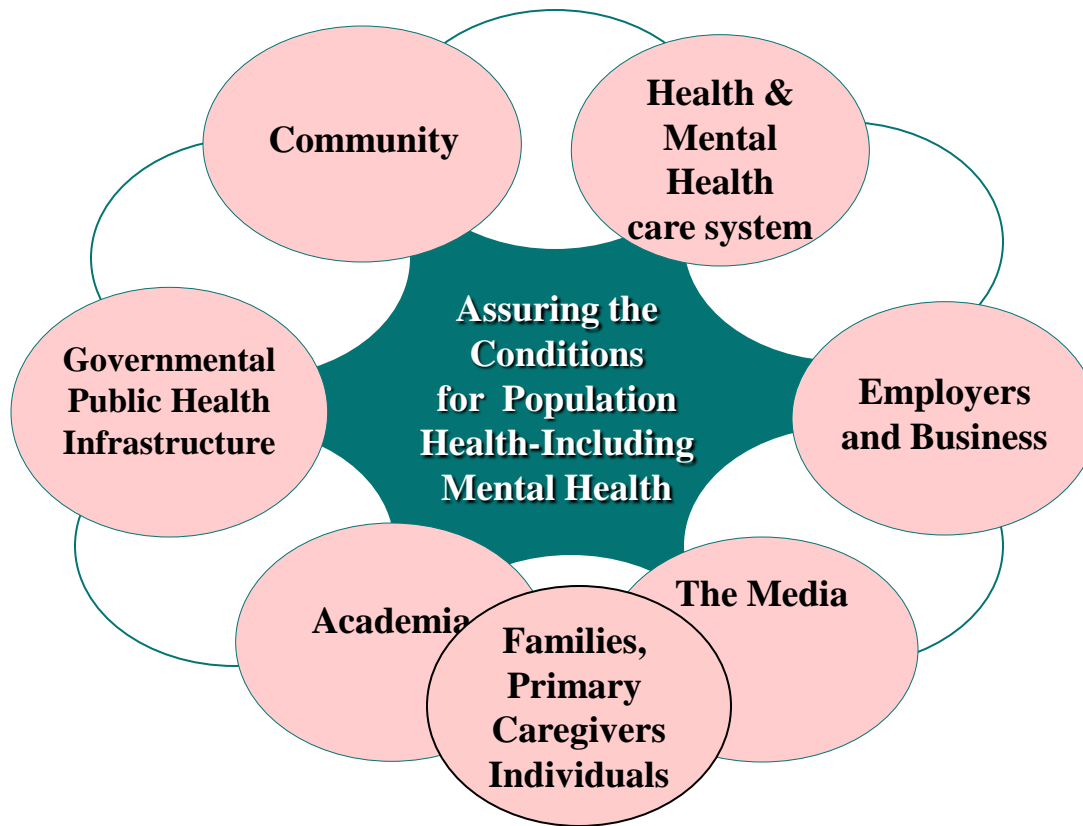
Systems of Care and Public health approaches should be complimentary and be Strategically linked – Where do you see Systems of Care? What levels? Do public health and SOC share key values and principles?



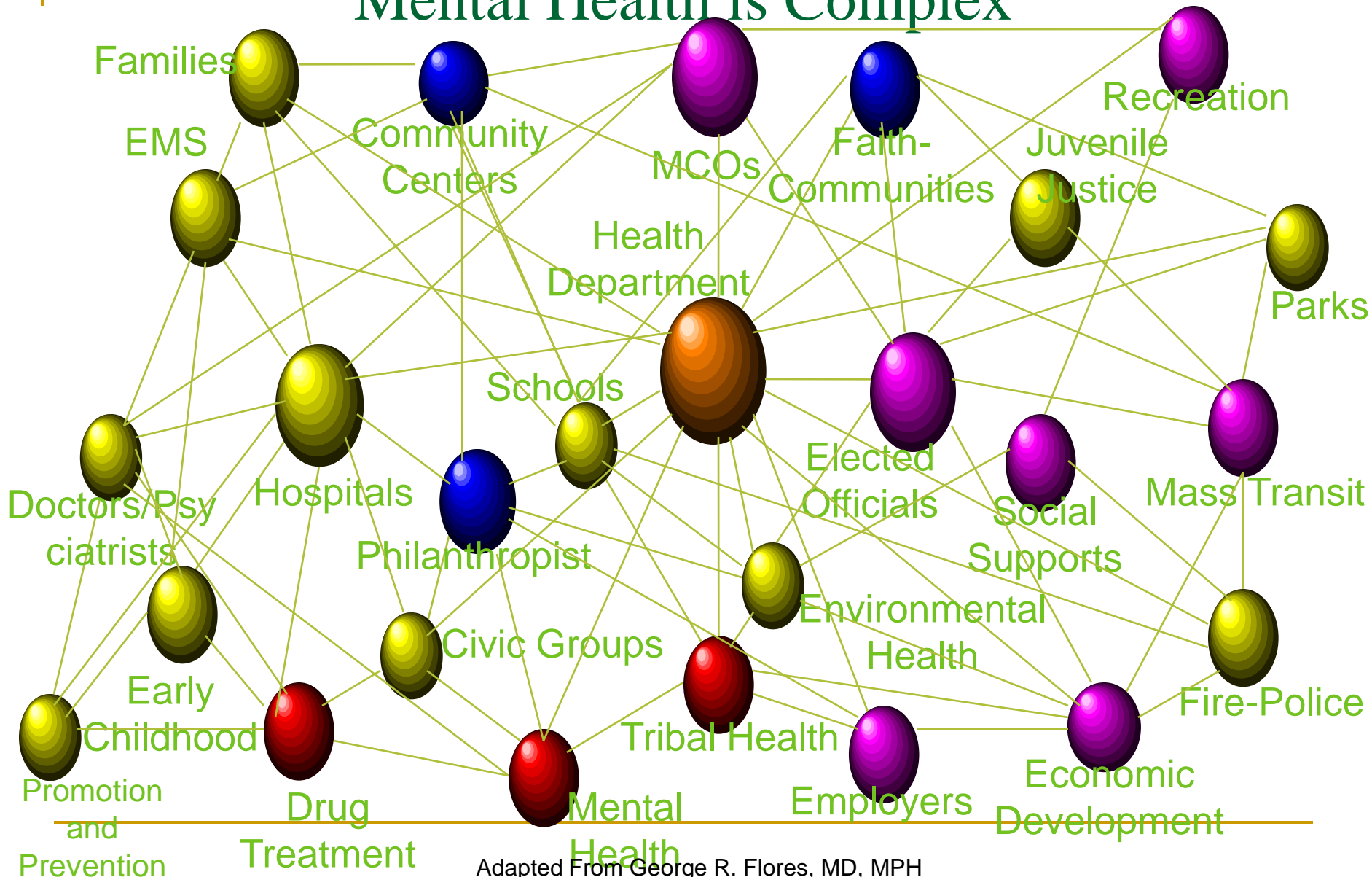
Who can help promote the optimal mental health of all children and youth? Who can promote recovery for those with mental health challenges?



Everyone has a Role in promoting the Mental Health of Children and Youth

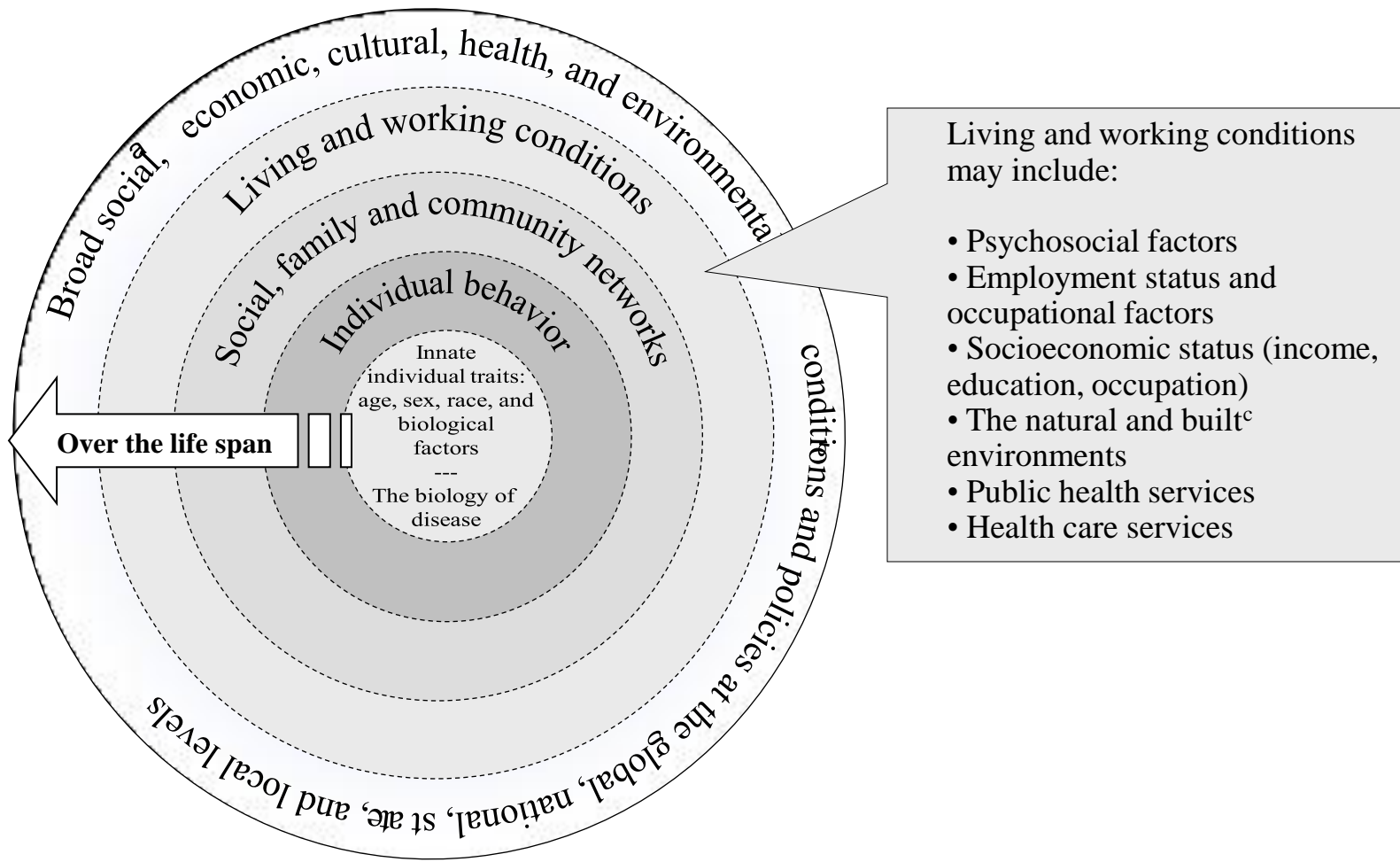


The Public Health System for Mental Health is Complex

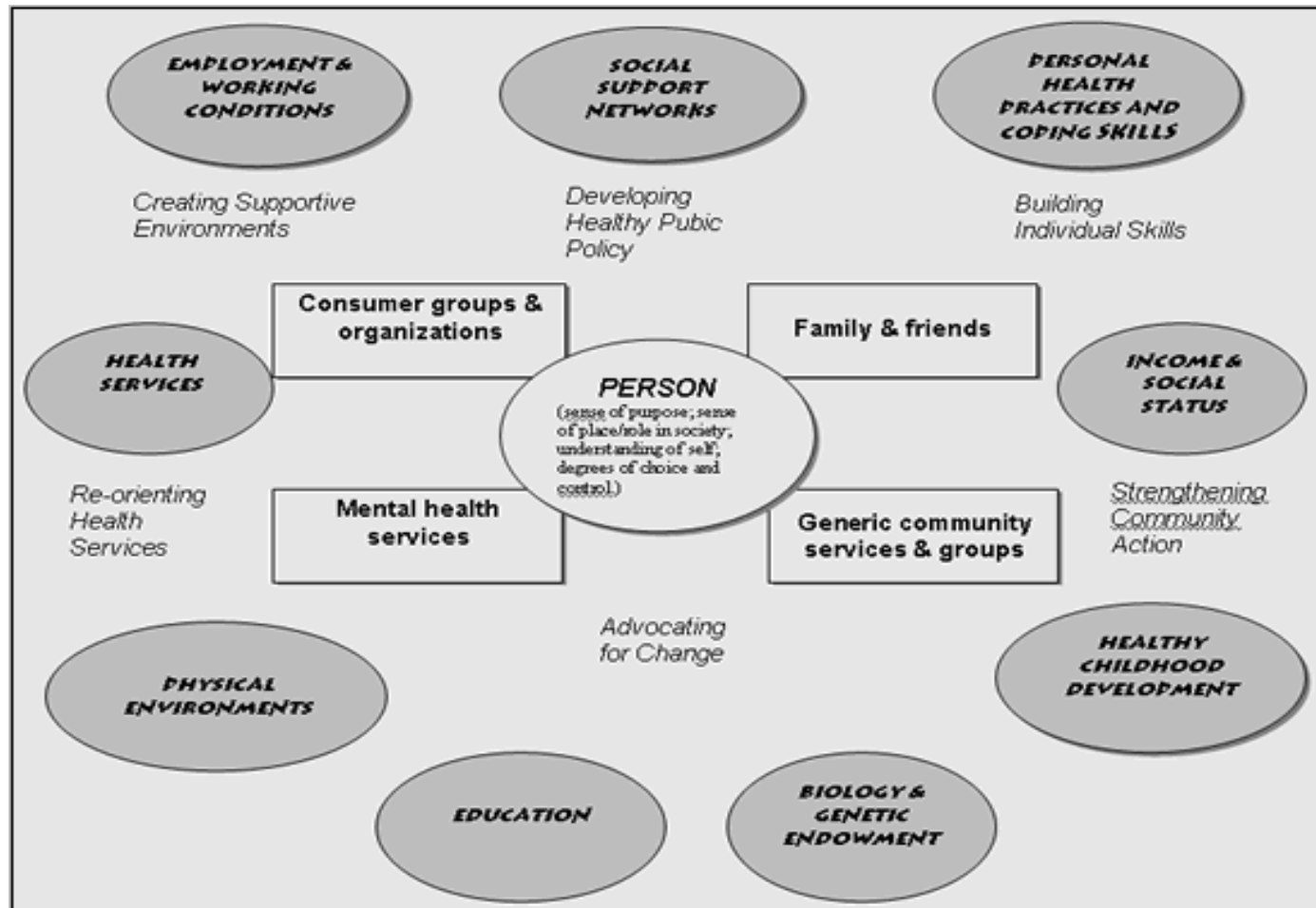


Adapted From George R. Flores, MD, MPH
Committee on Assuring the Health of the Public in the 21st Century

Multiple Determinants of Population Health



This model links the CMHA Community Resource Base* to the action steps for health promotion and to the health determinants (shaded ovals) which influence the health/mental health of people with mental illness, just as they do the general population.



A New Framework for Support for People with Serious Mental Health Problems, Canadian Mental Health Association, 1993

MENTAL HEALTH POPULATION-BASED PUBLIC HEALTH PRACTICE

Community Assessment

Health Determinants

Risk and Protective Factors

Individual, Community, System

income inequality
social inclusion and exclusion
employment and job security
working conditions
contribution of the social economy
early childhood care
education
food security
housing.



Prioritization

Population Based

Priorities -promotion, prevention,
ie, interventions/treatment,
recovery

Program Planning

Strategies

Evaluation

Indicators- Mental Health/social & emotional well-being

	Intermediate	Outcome
Community-focused	Community	Mental Health Status
System-focused	System	
Individual-focused	Individual	
Community-focused	Community	Mental Health Status
System-focused	System	
Individual-focused	Individual	
Community-focused	Community	Mental Health Status
System-focused	System	
Individual-focused	Individual	

Mental Health Status Continuum



Positive Mental Health:

High-level capacity of the individual, group, and environment to interact & to promote well-being, optimal development, and use of mental abilities

Mental Health Problem:

Disruption in interactions between individual, group,, and environment, producing a diminished state of positive mental health

Mental Disorder:

Medically diagnosable illness that results in significant impairment of cognitive, affective, or relational abilities

Key Social Emotional Competencies

- **Knowledge of Self**

- Identifying Emotions
- Personal Responsibilities
- Recognizing Strengths

- **Caring for Others**

- Managing Emotions
- Analyzing Situations
- Goal Setting
- Problem-Solving

- **Responsible Decision-Making**

- Perspective-taking
- Appreciating Diversity
- Respecting Others

- **Social Effectiveness**

- Communication
- Building Relationships
- Negotiation
- Refusal
- Help Seeking

Reference: Mark Greenberg, PhD,
Pennsylvania State University,
Presentation at SAMHSA, *Prevention of
Mental Disorders in School-Aged
Children: Making the Connections* (2002)

New Directions within Mental Health

- New Freedom Commission Report: Mental Health Transformation: <http://www.mentalhealthcommission.gov/reports/reports.htm>
- Georgetown Training Institutes- 2008- track on Public Health: http://gucchd.georgetown.edu/programs/ta_center/TrainingInstitutes/
- Consumer, family and youth movements:
 - Youth Move: <http://www.tapartnership.org/youth/YouthMOVE.asp>
 - Federation of Families: <http://www.ffcmh.org/>
 - United Family Advocates: <http://systems-of-care.samhsa.gov/TechnicalAssistance/uacc.aspx>
- NASMHPD- Public Health priorities- [The Integration of Public Health Promotion and Prevention Strategies in Public Mental Health](http://www.nasmhpd.org/general_files/position_statement/Integration%20of%20Public%20Health%20&%20Public%20MH.pdf) - 9/17/04
http://www.nasmhpd.org/general_files/position_statement/Integration%20of%20Public%20Health%20&%20Public%20MH.pdf
- Washington State Report on a Public Health Approach to Mental Health- <http://www.sboh.wa.gov/>
- Transformation - National, State, Community levels
- Numerous State efforts- Minnesota, Missouri, Hawaii, Washington State, Illinois, others
- Communities that Care
- <http://ncadi.samhsa.gov/features/ctc/resources.aspx>
- School Mental Health- SOC,
 - SS/HS: <http://www.sshs.samhsa.gov/>
 - CASEL (<http://casel.org/downloads/SEL&CASELbackground.pdf>)
 - PBIS: <http://www.pbis.org/main.htm>
 - RIT: Response to Intervention: <http://www.learningpt.org/greatlakeswest/rti/>
- Bright Futures- <http://www.brightfutures.org>
- Strategic Prevention Framework- SAMHSA: <http://prevention.samhsa.gov/about/spf.aspx>
- Other...